HORIZON FITNESS

ELITE E4000

ELLIPTICAL OWNER'S MANUAL

Read the ELLIPTICAL GUIDE before using this OWNER'S MANUAL.

ASSEMBLY

⚠ WARNING

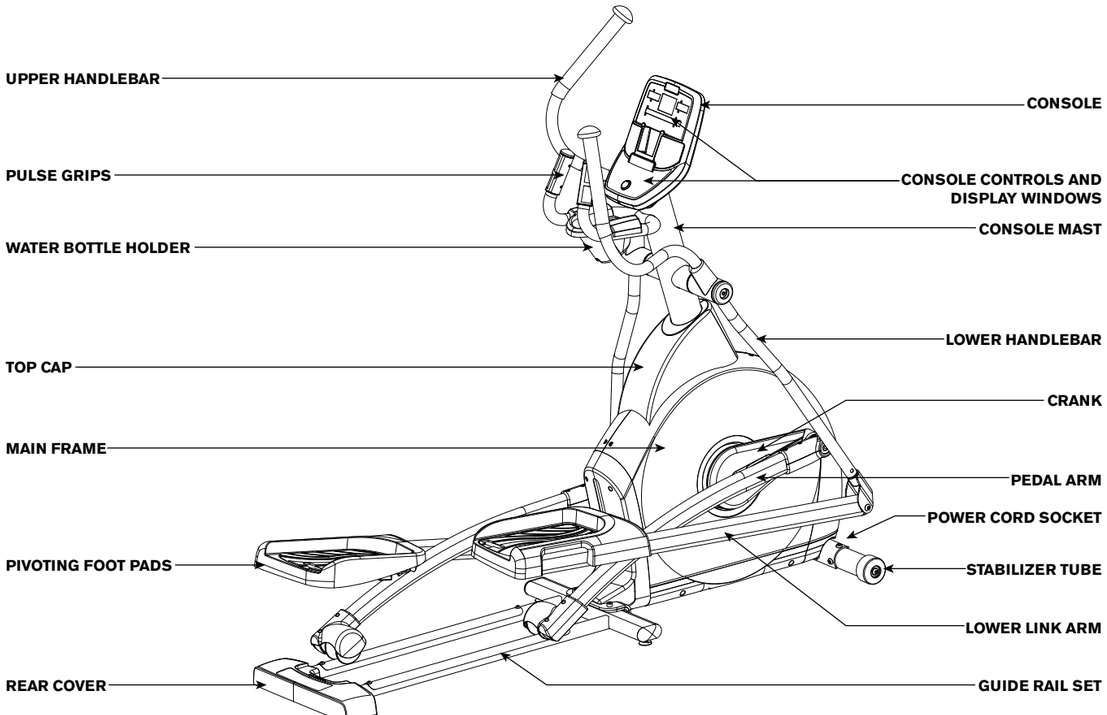
There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the elliptical could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the elliptical, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your elliptical's serial number located on the front stabilizer tube and enter it in the space provided below. Also locate the model name which is next to the serial number.

ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

MODEL NAME: **HORIZON** **ELLIPTICAL**



TOOLS INCLUDED:

- ☐ 8 mm L-Wrench
- ☐ 5 mm L-Wrench (w/ Screw Driver)
- ☐ 13/15 mm Flat Wrench

PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 1 Stabilizer Tube
- ☐ 1 Guide Rail Set
- ☐ 2 Pedal Arms
- ☐ 2 Lower Handlebars
- ☐ 2 Upper Handlebars
- ☐ 2 Lower Link Arms With Footpads
- ☐ 1 Top Cap
- ☐ 1 Console Mast
- ☐ 1 Console Mast Boot
- ☐ 1 Console
- ☐ 2 Handlebar Caps
- ☐ 1 Water Bottle Holder
- ☐ 1 Rear Cover
- ☐ 1 Power Cord
- ☐ 1 Hardware Kit
- ☐ 2 Handlebar Covers

PRE ASSEMBLY

UNPACKING

Unpack the product where you will be using it. Place the elliptical carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

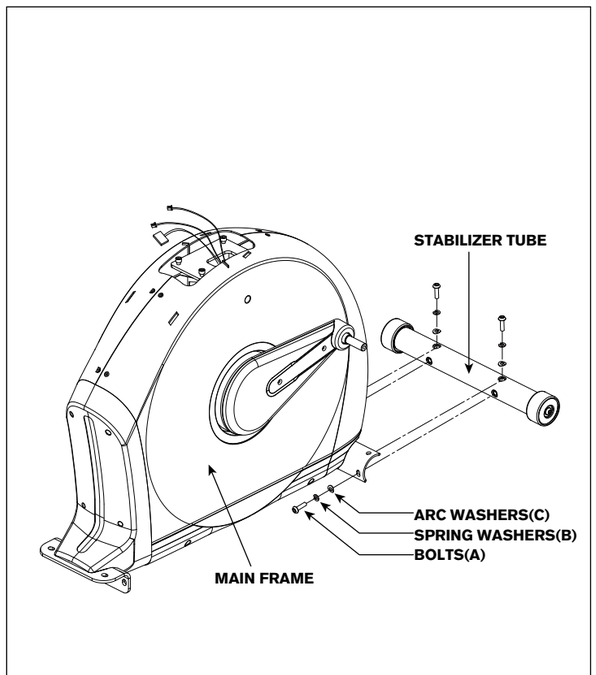
NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.

☎ NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support.

ASSEMBLY **STEP 1**



HARDWARE BAG 1 CONTENTS :

BOLT(A)
M8x30 mm
Qty: 4

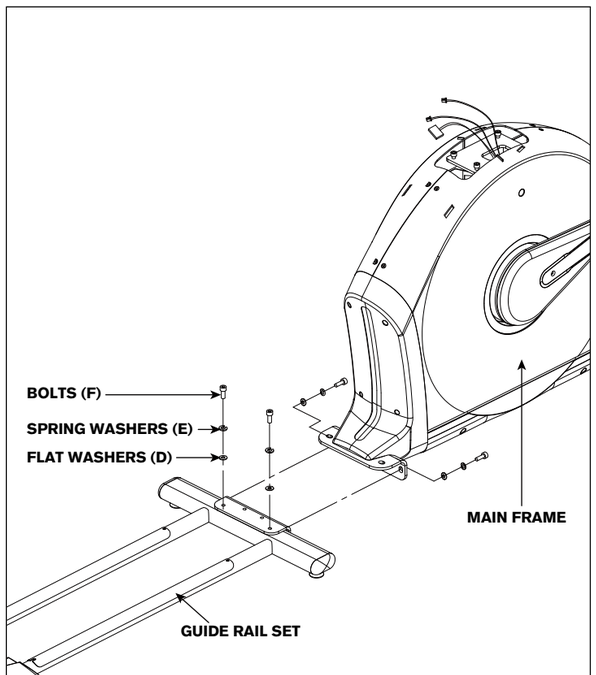
SPRING WASHER(B)
Ø8.2xØ15.4xT2.0
Qty:4

ARC WASHER(C)
Ø8.4xØ17.0xT1.0
Qty:4

A Open **HARDWARE FOR STEP 1**.

B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using **2 BOLTS (A)**, **2 SPRING WASHERS (B)** and **2 ARC WASHERS (C)** on each side.

ASSEMBLY **STEP 2**



HARDWARE BAG 2 CONTENTS :

FLAT WASHER (D)
Ø10.2xØ20.0xT1.5
Qty:4

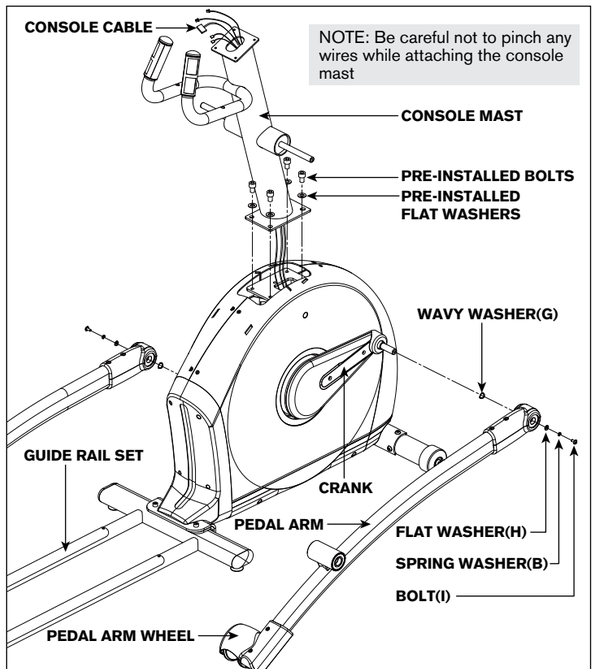
SPRING WASHER (E)
Ø10.2xØ18.4xT2.5
Qty:4

BOLT(F)
M10x20 mm
Qty:4

A Open **HARDWARE FOR STEP 2**.

B Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using **4 BOLTS(F)**, **4 SPRING WASHERS (E)** and **4 FLAT WASHERS (D).**

ASSEMBLY **STEP 3**



HARDWARE BAG 3 CONTENTS

- **WAVY WASHER (G)** Φ17.2xΦ22.5xT0.5 **Qty:2**
- **FLAT WASHER (H)** Φ8.2xΦ20.0xT1.5 **Qty: 2**
- **BOLT(I)** **M8x20 mm** **Qty:2**
- **SPRING WASHER (B)** Φ8.2xΦ15.4xT2.0 **Qty:2**

A Open **HARDWARE FOR STEP 3**.

B Carefully pull the **CONSOLE CABLE** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.

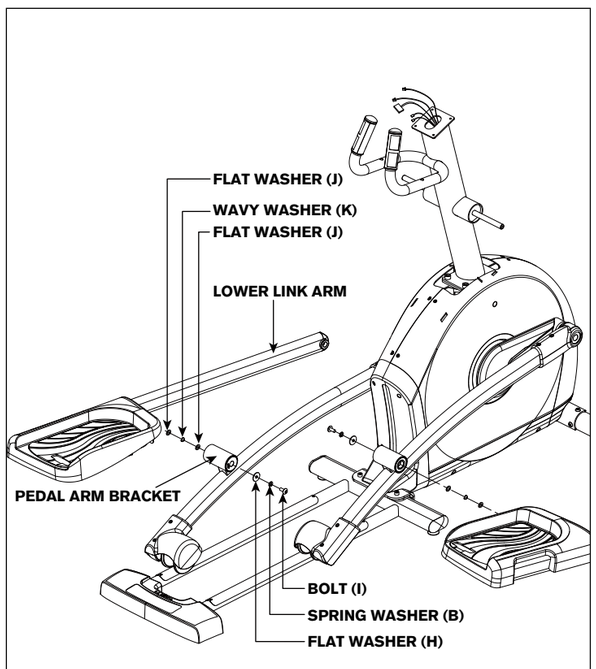
C Attach **CONSOLE MAST** to **MAIN FRAME** using **4 PRE-INSTALLED FLAT WASHERS** and **4 PRE-INSTALLED BOLTS**.

D Silde **WAVY WASHER (G)** over **CRANK** followed by **PEDAL ARM** as shown. Rest **PEDAL ARM WHEEL** on **GUIDE RAIL SET**.

E Attach the **PEDAL ARM** to **CRANK** using **1 FLAT WASHER (H)**, **1 SPRING WASHER (B)** and **1 BOLT (I)**.

F Repeat steps **D-E** on the opposite side of the elliptical.

ASSEMBLY **STEP 4**



HARDWARE BAG 4 CONTENTS

- **FLAT WASHER(J)** Φ20.2xΦ27.2xT1.5 **Qty:4**
- **WAVY WASHER(K)** Φ20.7xΦ29.1xT0.5 **Qty:2**
- **BOLT (I)** **M8x20mm** **Qty:2**
- **FLAT WASHER(H)** Φ8.2xΦ20.0xT1.5 **Qty:2**
- **SPRING WASHER (B)** Φ8.2xΦ15.4xT2.0 **Qty:2**

A Open **HARDWARE FOR STEP 4**.

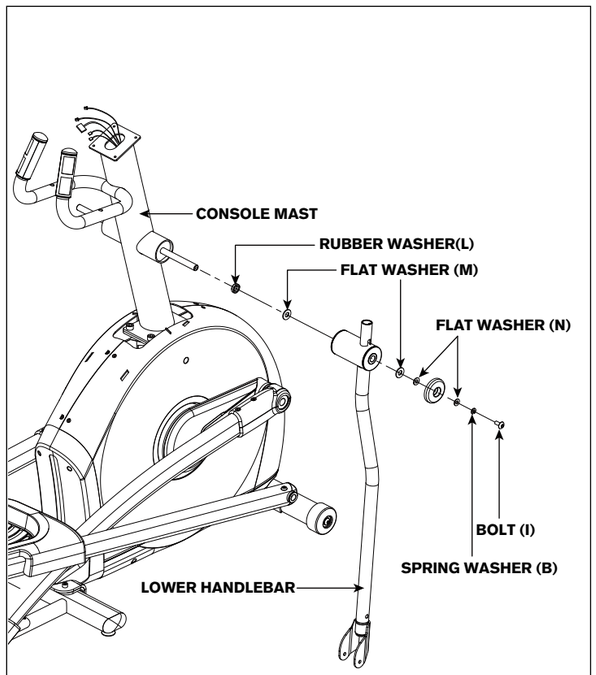
B Slide **1 FLAT WASHER (J)**, **1 WAVY WASHER (K)** and another **1 FLAT WASHER (J)** onto the **LOWER LINK ARM**.

C Slide the **LOWER LINK ARM** into the **PEDAL ARM BRACKET**.

D Attach the **LOWER LINK ARM** to the **PEDAL ARM BRACKET** using **1 FLAT WASHER (H)**, **1 SPRING WASHER (B)** and **1 BOLT (I)**.

E Repeat steps **B-D** on the opposite side of the elliptical.

ASSEMBLY **STEP 5**



HARDWARE BAG 5 CONTENTS :

- **RUBBER WASHER(L)** Φ16.2xΦ26.2x11.5T **Qty:2**
- **FLAT WASHER(M)** Φ16.0xΦ25.0x1.5T **Qty:4**
- **FLAT WASHER(N)** Φ8.6xΦ26.0x2.0T **Qty:4**
- **SPRING WASHER (B)** Φ8.2xΦ15.4x2.0T **Qty:2**
- **BOLT(I)** M8x20 mm **Qty:2**

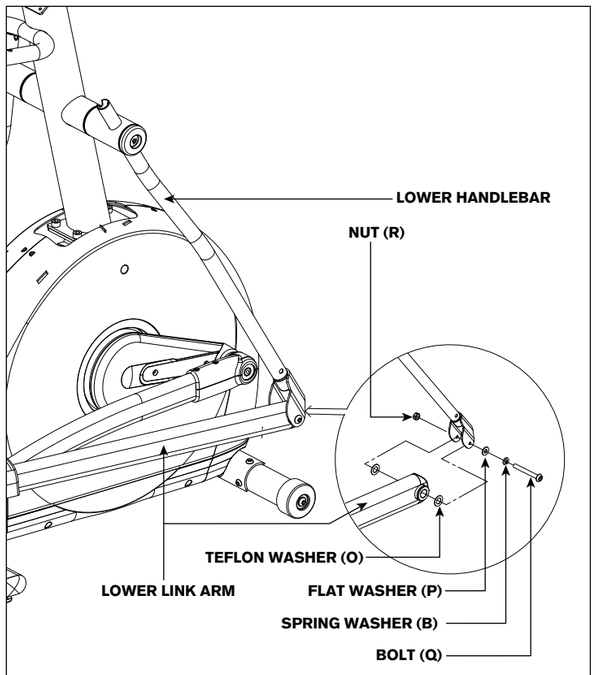
A Open **HARDWARE FOR STEP 5**.

B Slide **1 RUBBER WASHER (L)** and **1 FLAT WASHER (M)** onto the **CONSOLE MAST**.

C Slide **LOWER HANDLEBAR** onto **CONSOLE MAST** and attach using **1 FLAT WASHER (M)**, **1 FLAT WASHER (N)**, **1 HANDLEBAR CAP**, **1 FLAT WASHER (N)**, **1 SPRING WASHER (B)** and **1 BOLT (I)**.

D Repeat steps **B-C** on the opposite side of the elliptical.

ASSEMBLY **STEP 6**



HARDWARE BAG 6 CONTENTS :

- **TEFLON WASHER(O)** Φ15.9xΦ28.4x1.0T **Qty:4**
- **FLAT WASHER(P)** Φ8.4xΦ17.0x1.0T **Qty:2**
- **SPRING WASHER (B)** Φ8.2xΦ15.4x2.0T **Qty:2**
- **BOLT(Q)** M8x70 mm **Qty:2**
- **NUT(R)** M8X1.25P **Qty:2**

A Open **HARDWARE FOR STEP 6**. Remove zip tie securing axle in **LOWER LINK ARM**.

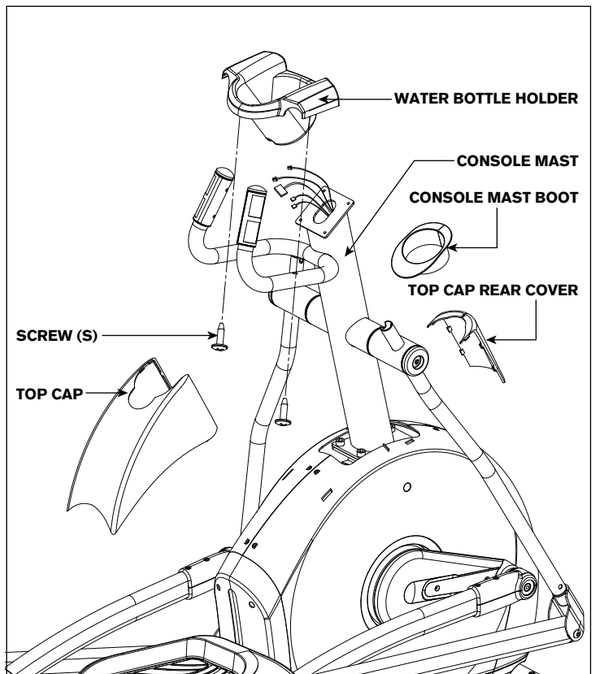
B Align end of **LOWER LINK ARM** with bracket on bottom of **LOWER HANDLEBAR**.

C Place **TEFLON WASHERS (O)** on both sides of the **LOWER LINK ARM**. While holding **TEFLON WASHER (O)** slide **LOWER LINK ARM** into bottom end of **LOWER HANDBAR**.

D Secure the joint with **1 FLAT WASHER (P)**, **1 SPRING WASHER (B)**, **1 BOLT (Q)** and secure with **1 NUT (R)**.

E Repeat steps **B-D** on the opposite side of the elliptical.

ASSEMBLY **STEP 7**



HARDWARE BAG 7 CONTENTS :

SCREW(S)
Φ5x20mm
Qty:2

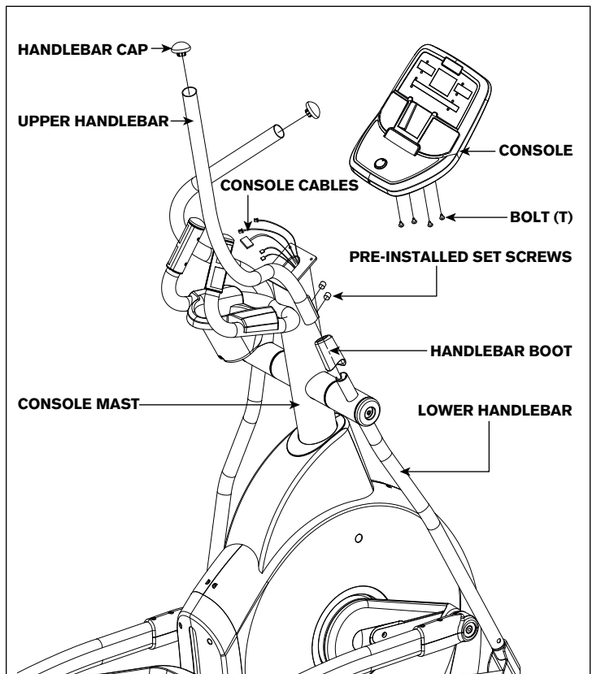
A Open **HARDWARE FOR STEP7**.

B Slide **TOP CAP** and **TOP CAP REAR COVER** over **CONSOLE MAST** and snap into place.

C Insert **CONSOLE MAST BOOT** over **TOP CAP** and snap into place.

D Slide **WATER BOTTLE HOLDER** over **CONSOLE MAST** and attached using **2 SCREWS (S)**.

ASSEMBLY **STEP 8**



HARDWARE BAG 8 CONTENTS :

BOLT(T)
M5x10 mm
Qty:4

A Open **HARDWARE FOR STEP 8**.

B Attach the **5 CONSOLE CABLES** to the **CONSOLE**.

C Carefully tuck the **CONSOLE CABLES** into the **CONSOLE MAST** into the **CONSOLE MAST** before attaching the **CONSOLE**. Attach **CONSOLE** to **CONSOLE MAST** using **4 BOLTS (T)**.

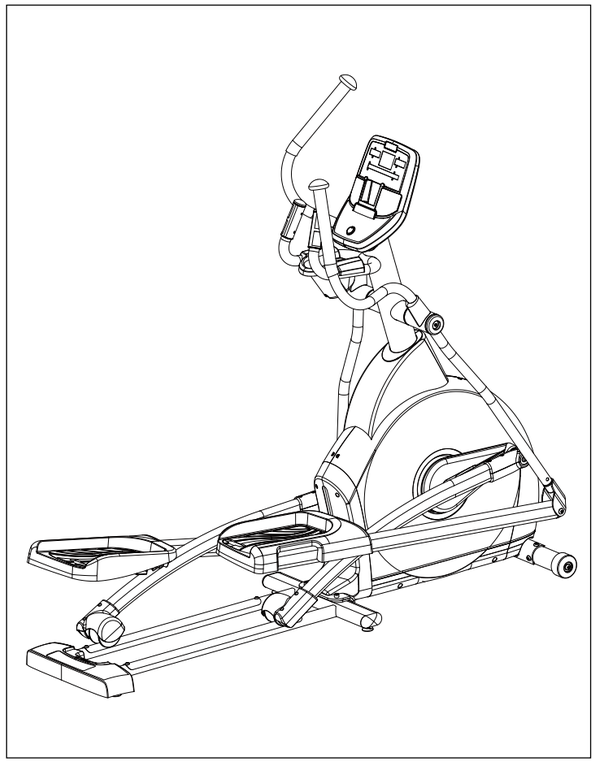
D Slide **HANDLEBAR BOOTS** over upper handlebars.

E Slide **UPPER HANDLEBARS** onto **LOWER HANDLEBARS** making sure handlebars are joined togeter completely. Secure **UPPER HANDLEBARS** to **LOWER HANDLEBARS** using **PRE-INSTALLED SET SCREWS**.

* Make sure upper handlebars are as far down as possible. Handlebars can be damaged If not secured correctly.

F Slide **HANDLEBAR BOOTS** down to cover handlebar attachments.

G Insert **HANDLEBAR CAPS** into **UPPER HANDLEBARS**.



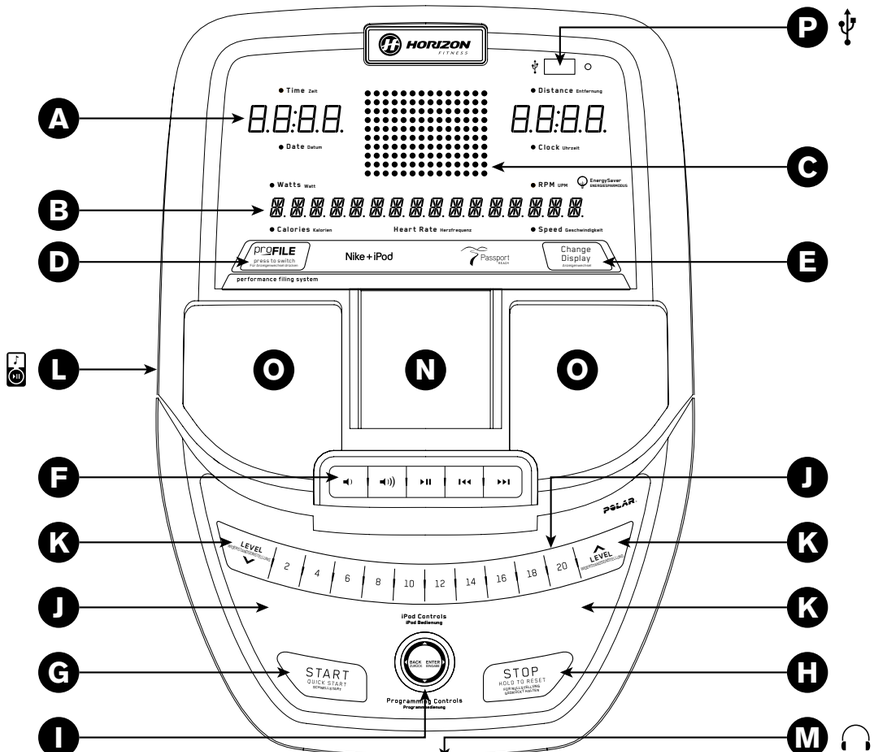
ASSEMBLY COMPLETE!

ELITE E4000
Max. User Weight: 159 kg / 350 lbs
Product Weight: 80 kg / 176 lbs.
Overall Dimension: 187 x 167 x 62 cm / 74” x 66” x 24”

ELLIPTICAL OPERATION

This section explains how to use your elliptical's console and programming.
The BASIC OPERATION section in the ELLIPTICAL GUIDE has instructions for the following:

- **LOCATION OF THE ELLIPTICAL**
- **POWER/GROUNDING INSTRUCTIONS**
- **FOOT POSITIONING**
- **MOVING THE ELLIPTICAL**
- **LEVELING THE ELLIPTICAL**
- **POWER/MANUAL INCLINE OPERATION**
- **USING THE HEART RATE FUNCTION**



CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

A) LED DISPLAY WINDOWS: time, distance, date and clock.

B) ALPHANUMERIC DISPLAY WINDOW: displays watts, calories, rpm, heart rate, speed and PROFILE™ display information.

C) WORKOUT PROFILE DISPLAY: displays workout level and progress.

D) PROFILE™ BUTTON: used to scroll through PROFILE™ display modes. User must be selected before pressing.

E) CHANGE DISPLAY BUTTON: used to scroll through display modes. Press to change display feedback during workout.

F) IPOD® CONTROLS: press to adjust your attached iPod® audio settings.

G) START: press to begin exercising, start your workout or resume exercising after pause.

H) STOP: press to pause/end your workout. Hold for 3 seconds to reset the console.

I) IPOD®/ PROGRAMMING BUTTON: used to select program, level and time, and other options. Used to control iPod® (during workout only).

J) QUICK ADJUST KEYPAD: used to reach desired resistance more quickly.

K) RESISTANCE ▼▲ KEY: press to adjust resistance.

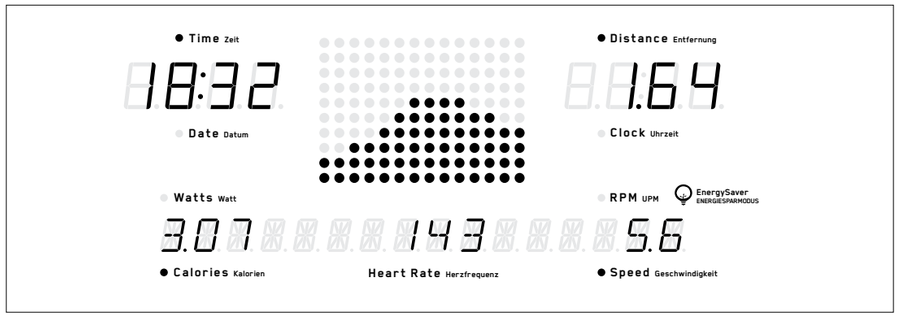
L) AUDIO IN: plug your cd / mp3 player into the console using the included audio adaptor cable.

M) AUDIO OUT/HEADPHONE JACK: plug your headphones into this jack to listen to your music through the headphones.

N) IPOD® DOCKING STATION: used to dock and charge your iPod® (not included).

O) SPEAKERS: music plays through speakers when your cd/mp3 player is connected to the console.

P) USB PORT: used for software updates.



DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE :** Shown as miles or kilometer. Indicates distance traveled or distance remaining during your workout.
- **SPEED:** Calories burned during your workout.
- **CALORIE S:** Total calories burned or calories remaining left to burn during your workout.
- **HEART RATE(HR) :** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips or when wearing Polar chest strap).
- **SPEED:** Shown as MPH. Indicates how fast the foot pads are moving.
- **DATE/CLOCK:** Displays date and time.
- **WATTS:** Displays current user power output.
- **RPM:** Rotations Per Minute.
- **RESISTANCE:** Shows the current level of resistance. Will be displayed in the alphanumeric window.
- **PROFILE™ DISPLAY:** When PROFILE™ is activated, the PROFILE™ information is displayed in the LED windows. Use the PROFILE™ button to change display information. More information is on PROFILE PERFORMANCE TRACKER SECTION.
- **ENERGYSAVER:** If the machine is unused for 15 minutes, the console will automatically enter into power save mode and could be quickly waken up with a touch of a button or pedal movement.

1) GETTING STARTED

2) Check to make sure no objects are nearby that will hinder the movement of the elliptical.
3) Plug in the power cord and make sure the power is ON.
4) You have the following options to start your workout:

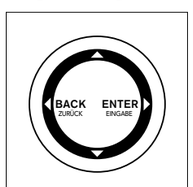
A) QUICK START

1) Simply press START to begin working out. Time will count up from 0:00. The resistance level will default to level 1. OR...

B) SELECT A PROGRAM

1) Select GUEST, USER 1 or USER 2 using ▲ ▼ on the PROGRAMMING BUTTON and press ENTER to confirm.
2) Select weight and press ENTER.
3) Select a program using ▲ ▼ on the PROGRAMMING BUTTON and press ENTER to confirm.
   NOTE: if you press START before pressing ENTER, the program will begin and counts up from 0:00 for the Manual program, and counts down from 30:00 for all other programs. The level defaults to 1.
4) Complete the program setup using ▲ ▼ on the PROGRAMMING BUTTON and press ENTER to confirm after each step.
5) When setup is complete, press START to begin your workout.

Programming Button



DATE AND CLOCK SETUP

1) Enter Setup mode: Press and hold the 2 and 4 buttons for 3 seconds.
2) Use ▲ ▼ on the PROGRAMMING BUTTON to change settings and press ENTER to confirm.
3) Settings include: Month, Day, Year, Hour, Minute, and AM/PM.
4) Review settings: You can review your settings at any time while in setup mode. Press ENTER to scroll through settings.
5) Exit setup mode: To confirm the date and time, press and hold ENTER for 3 seconds.

TO CLEAR SELECTION/RESET THE CONSOIE

Hold STOP key for 3 seconds.

FINISHING YOUR WORKOUT

When your workout is complete, the display will flash “WORKOUT COMPLETE” and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

PROGRAM INFORMATION

NOTE: If resistance are changed during your workout, the remaining segments will be affected accordingly.

P1 **MANUAL:** Manually adjust your resistance levels as you work out toward a time-based goal.

P2 **INTERVALS:** Alternating levels of resistance build endurance in this time-based workout with 16 levels to choose from.

	WARM-UP				PROGRAM SEGMENTS - REPEAT												COOL-DOWN			
TIME	4 minutes				30	60	60	30	30	60	30	60	60	30	30	60	4 minutes			
LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	2	3	5	1	1	5	5	1	5	1	1	5	5	1	3	2	2	1
2	1	2	2	3	6	2	2	6	6	2	6	2	2	6	6	2	3	2	2	1
3	1	2	2	4	7	3	3	7	7	3	7	3	3	7	7	3	4	2	2	1
4	1	2	2	5	8	4	4	8	8	4	8	4	4	8	8	4	5	2	2	1
5	2	3	5	6	9	5	5	9	9	5	9	5	5	9	9	5	6	5	3	2
6	2	3	5	7	10	6	6	10	10	6	10	6	6	10	10	6	7	5	3	2
7	2	3	5	8	11	7	7	11	11	7	11	7	7	11	11	7	8	5	3	2
8	2	3	5	9	12	8	8	12	12	8	12	8	8	12	12	8	9	5	3	2
9	3	4	5	10	13	9	9	13	13	9	13	9	9	13	13	9	10	5	4	3
10	3	4	8	11	14	10	10	14	14	10	14	10	10	14	14	10	11	8	4	3
11	3	6	10	12	15	11	11	15	15	11	15	11	11	15	15	11	12	10	6	3
12	3	6	10	13	16	12	12	16	16	12	16	12	12	16	16	12	13	10	6	3
13	5	9	13	14	17	13	13	17	17	13	17	13	13	17	17	13	14	13	9	5
14	5	9	13	15	18	14	14	18	18	14	18	14	14	18	18	14	15	13	9	5
15	5	9	13	16	19	15	15	19	19	15	19	15	15	19	19	15	16	13	9	5
16	5	9	13	17	20	16	16	20	20	16	20	16	16	20	20	16	17	13	9	5

P3 **WEIGHT LOSS**: Fat-burning, time-based workout that steadily builds resistance for a gradual comedown, with 16 levels to choose from.

	WARM-UP				PROGRAM SEGMENTS - REPEAT												COOL-DOWN			
TIME	4 minutes				Each segment lasts 60 seconds												4 minutes			
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	3	2	2	1
2	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1
3	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1
4	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1
5	2	3	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	3	2
6	2	3	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2
7	2	3	5	8	9	9	10	10	11	11	11	11	10	10	9	9	8	5	3	2
8	2	3	5	9	10	10	11	11	12	12	12	12	11	11	10	10	9	5	3	2
9	3	4	5	10	11	11	12	12	13	13	13	13	12	12	11	11	10	5	4	3
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11	3	6	10	12	13	13	14	14	15	15	15	15	14	14	13	13	12	10	6	3
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13	5	9	13	14	15	15	16	16	17	17	17	17	16	16	15	15	14	13	9	5
14	5	9	13	15	16	16	17	17	18	18	18	18	17	17	16	16	15	13	9	5
15	5	9	13	16	17	17	18	18	19	19	19	19	18	18	17	17	16	13	9	5
16	5	9	13	17	18	18	19	19	20	20	20	20	19	19	18	18	17	13	9	5

PROGRAM INFORMATION

P4 **CONSTANT WATTS**: This workout automatically adjusts the resistance to keep you within a set Watts range and maintains your desired level of exercise intensity.

1) Select Constant Watts program using ▲▼ and press ENTER on the PROGRAMMING BUTTON.
2) Set time using ▲▼ and press ENTER.
3) Select desired watts using ▲▼ and press ENTER.
4) Press START to being the program.

P5 **MUSCLE TONER**: Work toward higher resistance levels as you build strength and endurance with 10 levels to choose from.

	WARM UP				PROGRAM SEGMENTS - REPEAT										COOL DOWN			
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1	1	1	2	2	1	2	3	4	3	2	1	2	3	2	1	1	1	1
2	1	2	2	3	2	3	4	5	4	3	2	1	2	3	2	1	1	1
3	2	2	3	3	3	4	5	6	7	8	7	6	5	4	2	1	1	1
4	2	3	3	4	4	5	6	7	8	9	8	7	6	5	3	1	1	1
5	3	4	4	4	5	6	7	8	9	10	9	8	7	6	3	3	2	1
6	3	5	4	5	6	7	8	9	10	10	10	9	8	7	4	3	2	1
7	4	5	5	5	7	7	8	8	9	9	10	10	9	8	4	3	2	1
8	4	5	5	5	8	8	9	9	10	10	11	11	10	9	4	3	2	1
9	4	5	5	5	9	9	10	10	11	11	12	12	11	10	5	4	3	1
10	4	5	9	9	14	14	15	15	16	16	17	17	16	15	8	7	6	1

P6 **REVERSE TRAIN**: Alternate forward (F) and backward (R) pedaling at varying resistance levels for a challenging workout that builds greater lower body and core strength, with 16 levels to choose from.

	WARM-UP				F	R	F	R	F	R	F	R	F	R	F	R	COOL-DOWN			
TIME	4 minutes				30	60	90	60	90	45	60	45	90	90	30	30	4 minutes			
LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	2	3	2	3	1	2	3	1	2	3	1	2	3	2	1	1	1
2	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1
3	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1
4	1	1	1	3	6	5	6	4	5	6	4	5	6	4	5	6	3	1	1	1
5	1	2	3	3	7	6	7	5	6	7	5	6	7	5	6	7	3	3	2	1
6	1	2	3	4	8	7	8	6	7	8	6	7	8	6	7	8	4	3	2	1
7	1	2	3	4	9	8	9	7	8	9	7	8	9	7	8	9	4	3	2	1
8	1	2	3	5	10	9	10	8	9	10	8	9	10	8	9	10	5	3	2	1
9	1	1	1	2	11	10	11	9	10	11	9	10	11	9	10	11	2	1	1	1
10	1	1	1	2	12	11	12	10	11	12	10	11	12	10	11	12	2	1	1	1
11	2	2	2	3	13	12	13	11	12	13	11	12	13	11	12	13	2	1	1	1
12	3	3	3	4	14	13	14	12	13	14	12	13	14	12	13	14	3	1	1	1
13	3	4	4	5	15	14	15	13	14	15	13	14	15	13	14	15	3	3	2	1
14	3	4	5	6	16	15	16	14	15	16	14	15	16	14	15	16	4	3	2	1
15	3	5	6	7	17	16	17	15	16	17	15	16	17	15	16	17	4	3	2	1
16	4	6	7	8	18	17	18	16	17	18	16	17	18	16	17	18	5	3	2	1

PROGRAM INFORMATION

P7 **OREGON TRAIL**: Experience a hike through the foothills with an alternating resistance workout for a time-based goal. Choose from 10 levels.

	WARM-UP				PROGRAM SEGMENTS - REPEAT												COOL-DOWN			
TIME	4 minutes				30	90	90	30	30	90	30	90	90	30	30	90	4 minutes			
LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	1	3	1	1	3	3	1	3	1	1	3	3	1	1	1	1	1
2	1	1	1	2	3	1	1	3	3	1	3	1	1	3	3	1	2	1	1	1
3	1	1	1	2	4	2	2	4	4	2	4	2	2	4	4	2	2	1	1	1
4	1	1	1	3	4	2	2	4	4	2	4	2	2	4	4	2	3	1	1	1
5	1	2	3	3	5	3	3	5	5	3	5	3	3	5	5	3	3	3	2	1
6	1	2	3	4	5	3	3	5	5	3	5	3	3	5	5	3	4	3	2	1
7	1	2	3	4	6	4	4	6	6	4	6	4	4	6	6	4	4	3	2	1
8	1	2	3	5	6	4	4	6	6	4	6	4	4	6	6	4	5	3	2	1
9	2	2	3	5	7	5	5	7	7	5	7	5	5	7	7	5	5	3	2	2
10	2	2	4	6	7	5	5	7	7	5	7	5	5	7	7	5	6	4	2	2

HEART RATE TRAINING

The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR = 220 – your age). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training. The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended. This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is 220 – 30 = 190 bpm and 90% max HR is 190 × 0.9 = 171 bpm.

Target Heart Rate Zone	Workout Duration	Example THR Zone (age 30)	Your THR Zone	Recommended For
VERY HARD 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons and for athletic training
HARD 80 – 90%	2 – 10 MIN	152 – 171 BPM		Shorter workouts
MODERATE 70 – 80%	10 – 40 MIN	133 – 152 BPM		Moderately long workouts
LIGHT 60 – 70%	40 – 80 MIN	114 – 133 BPM		Longer and frequently repeated shorter exercises
VERY LIGHT 50 – 60%	20 – 40 MIN	104 – 114 BPM		Weight management and active recovery

P8 **THR ZONE**: Simulate the intensity of your favorite sport as the program resistance automatically adjusts to maintain a set Target Heart Rate range.

1) Select THR Zone program using ▲▼ and press ENTER on the PROGRAMMING BUTTON.
2) Select TIME using ▲▼ and press ENTER on the PROGRAMMING BUTTON.
3) The HEART RATE window will flash showing the default target heart rate of 80 beats per minute. Select your target heart rate (from heart rate training chart) using ▲▼ on the PROGRAMMING BUTTON and press ENTER.
4) Press START to begin.

P9 **HR INTERVALS**: Automatically adjusts peak and valley resistance levels within your desired heart rate. Perfect for providing an intense workout with recovery bursts. Time-based goal.

1) Set TOTAL WORKOUT TIME using ▲▼ on the PROGRAMMING BUTTON or the KEYPAD and press ENTER.
2) Set PEAK interval target heart rate using ▲▼ or the KEYPAD and press ENTER.
3) Set PEAK interval time using ▲▼ or the KEYPAD and press ENTER.
4) Set VALLEY interval target heart rate using ▲▼ or the KEYPAD and press ENTER.
5) Set VALLEY interval time using ▲▼ or the KEYPAD and press ENTER. Press START to begin.

	WARM UP	WORK INTERVAL	REST INTERVAL	COOL DOWN	
TIME	4:00 MIN	The peak interval and valley interval segment times are preset by the user and are repeated until the cool down.		2:00 MIN	2:00 MIN
RESISTANCE	1 Or user selects	THR set by user for the peak and valley intervals.		50% Current Resistance	0%

NOTES:

- The large LED dot matrix window displays your heart rate during exercise. The middle row represents your target heart rate (THR) and the other rows equal +/-2 heart beats. If you are working out beneath your THR, the LEDs below the middle row will illuminate. If you are over, the LEDs above the middle row will illuminate. Your current heart rate is represented by the flashing column and the window will refresh every 5 seconds.
- There is a 4-minute warm-up built into this program at level 1 resistance.
- After 4 minutes, the resistance will automatically adjust to bring your heart rate within 5 beats of the target number you selected at the beginning of the program.
- If there is no heart rate detected, the unit will not change resistance levels up or down.
- If your heart rate is 25 beats over your target zone the program will slow down.

PROGRAM INFORMATION

P10 CARDIO BOOST: Take your fitness goals to the next level with high-energy bursts. Choose from 10 levels.

		WARM UP		PROGRAM SEGMENTS - REPEAT								COOL DOWN	
	TIME	4:00 MIN		1:30	:30	1:30	:30	1:30	30	1:30	:30	4:00 MIN	
LEVEL	Segment #	1	2	3	4	5	6	7	8	9	10	11	12
1	Resistance	1	2	1	3	1	3	1	6	1	6	2	1
2	Resistance	1	3	2	5	2	5	2	7	2	7	2	1
3	Resistance	2	3	3	7	3	7	3	8	3	8	3	2
4	Resistance	2	4	4	9	4	9	5	10	5	10	3	2
5	Resistance	3	3	6	11	6	11	7	12	7	12	5	3
6	Resistance	3	4	8	13	8	13	9	14	9	14	5	3
7	Resistance	4	4	9	14	9	14	10	15	10	15	5	3
8	Resistance	4	5	10	15	10	15	11	16	11	16	5	3
9	Resistance	4	5	12	16	12	16	13	17	13	17	5	3
10	Resistance	4	5	14	18	14	18	15	18	15	18	5	3

P11 MOUNTAIN CLIMB: An effective workout boosts strength and endurance, with 10 levels to choose from.

		WARM UP		PROGRAM SEGMENTS - REPEAT												COOL DOWN	
	TIME	4:00 MIN		1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	4:00 MIN	
LEVEL	Segment #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1	Resistance	1	2	4	4	5	5	6	6	6	6	5	5	4	4	3	2
2	Resistance	1	3	6	6	7	7	8	8	8	8	7	7	6	6	3	2
3	Resistance	2	3	7	7	9	9	10	10	10	10	9	9	7	7	3	2
4	Resistance	2	4	8	8	10	10	11	12	12	11	10	10	8	8	3	2
5	Resistance	3	3	9	9	11	11	12	13	13	12	11	11	9	9	4	3
6	Resistance	3	4	10	10	12	12	13	14	14	13	12	12	10	10	4	3
7	Resistance	4	4	11	11	13	13	14	15	15	14	13	13	11	11	5	4
8	Resistance	4	5	12	12	14	14	15	16	16	15	14	14	12	12	5	4
9	Resistance	4	5	13	13	15	15	16	17	17	16	15	15	13	13	5	4
10	Resistance	4	5	14	14	16	16	17	18	18	17	16	16	14	14	5	4

CUSTOM PROGRAMS

1) Select CUSTOM 1, 2 or 3 program using ▲▼ and press ENTER on the PROGRAMMING BUTTON.

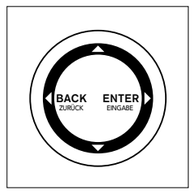
2) Set time using ▲▼ and press ENTER on the PROGRAMMING BUTTON.

3) Set the RESISTANCE profiles using ▲▼ and press ENTER on the PROGRAMMING BUTTON after each segment is set to the desired level (repeat until all 15 segments are set).

   NOTE: if BACK is pressed on the PROGRAMMING BUTTON, it will take you back to previous segment.

4) Press START to begin the program.
   NOTE: to reset the memory, press and hold ENTER for 5 seconds.

Programming Button



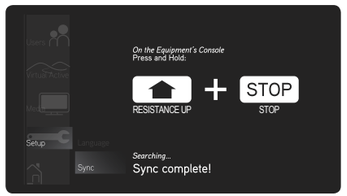
SYNCING ELLIPTICAL WITH PASSPORT

1) Using the arrow key on the passport remote control to scroll to the setup icon and press the Select.

2) Follow the on-screen prompt to press and hold the RESISTANCE UP and STOP buttons on the equipment's console.

3) Once your sync is success, your elliptical message bar will change from RF Sync to Passport Ready.

4) Besides point 3, the message displayed on-screen will notify you if the sync was completed or failed.



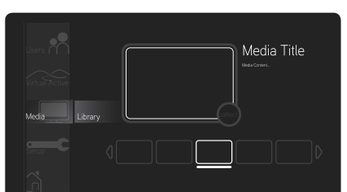
ACCESSING MEDIA THROUGH ON-SCREEN MENU

1) You can access the Virtual Active content or your personal movies are stored on the USB drive. Select either the Virtual Active icon or the Media icon using the remote control.

2) Follow the on-screen prompts to select a video and begin your workout.

3) You will have to Press START on your equipment's console to begin playing a video.

Note: See Passport Owner's Manual for more information.



PROFILE™ PERFORMANCE TRACKER

Research shows that those who journal their fitness routines or workouts, on average, achieve greater success than those who do not. Because your new elliptical is equipped with HORIZON's exclusive PROFILE™ Performance Tracker, you've taken an important step towards achieving your fitness goals.

The integrated PROFILE™ software allows you to track your fitness progress over time without the need for paper journals or logs. With PROFILE™, you can easily compare your current workout to your last, average or lifetime workout totals. With quick access to feedback like duration of workout or calories burned during previous workouts, you'll be able to see the progress you've made. Read further to learn about how PROFILE™ can help motivate you to enhance your performance.

SETUP

To activate PROFILE™, a user MUST be chosen before the program begins. To select a USER 1 or 2, use the PROGRAMMING BUTTON and press ENTER to confirm. All accumulated data specifically relates to the user that is chosen. NOTE: If no user is selected and clock and date are not set, no data will be tracked.

RESET

Reset all recorded information for USER 1 or USER 2 by selecting the user and then holding down the PROFILE™ button for 10 seconds. Note: This step is permanent and will delete ALL previously accumulated data for the chosen user.

ACCUMULATED DATA

Once PROFILE™ is activated, you can scroll through your accumulated data in multiple formats by pressing the PROFILE™ button. A workout is saved when: the program ends, the console is paused and not resumed within 5 minutes, or the STOP button is held to reset the console.

1) **LAST WORKOUT:** This option allows you to view your accumulated data from your last workout. The current workout becomes the last workout once a program has ended or the console has been reset. The following information will be shown in each display window:
   - TIME - Total time of last workout.
   - DISTANCE - Total distance of last workout.
   - WATTS - Average watts of last workout.
   - RPM - Average RPM of last workout.
   - CALORIES - Total calories burned of last workout.
   - SPEED - Average speed of last workout.

PROFILE™ PERFORMANCE TRACKER ACCUMULATED DATA

2) AVERAGE WORKOUT: This option allows you to see your average accumulated data for the last 30 workouts. The following information will be shown in each display window:
- TIME - Average workout time.
- DISTANCE - Average workout distance.
- WATTS - Average watts of workout.
- RPM - Average RPM.
- CALORIES - Average calories burned.
- SPEED - Average speed of workout.

3) WEEKLY GOAL: Indicates the weekly goal you set. “LEFT” – Indicates the time or distance you have left to complete to meet your weekly goal. TIME or DISTANCE – The total time or distance goal you selected and the time or distance you have left to complete to meet your weekly goal.
- The “GOAL” and “LEFT” will display alternately every 3 seconds.
- A “GOAL DONE” message will appear when goal is completed.
- If the date and clock are not set and/or a weekly goal is not set, weekly goal will display zeros.
- The time or distance left for the weekly goal will reset at the end of each week.

4) WEEKLY TOTAL: View your accumulated data from the last Sunday to the present day. NOTE: This data is based on week to date NOT the previous seven days. For instance, if you have not used the machine since Sunday, the console will read zeros. The following information will be shown in each display window:
- TIME - Total time of workout.
- DISTANCE - Total distance of workout.
- WATTS - Average watts of weekly workout.
- RPM - Average RPM of weekly workout.
- CALORIES - Average calories burned.
- SPEED - Average speed of weekly workout.

NOTE: If the date and clock are not set, weekly total will default to the last workout data.

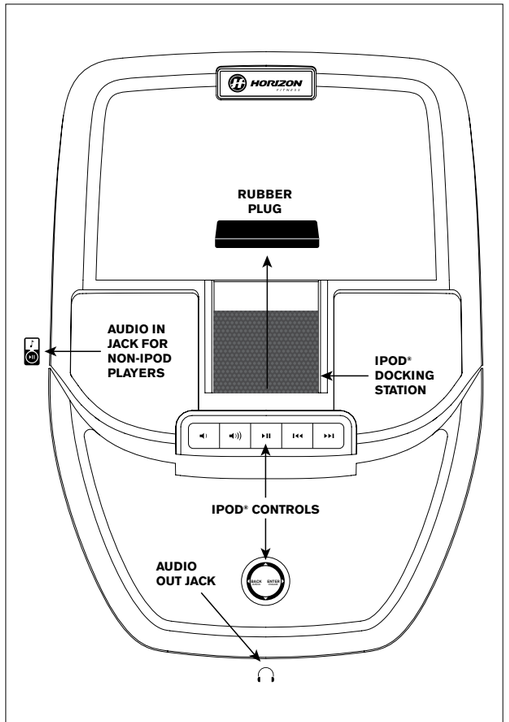
5) LIFETIME TOTAL: This option allows you to view the total accumulated data. The following information will be shown in each display window:
- TIME - Total accumulated time. NOTE: If time is greater than 59:59, the time will no longer display minutes and will display hours only.
- DISTANCE - Total accumulated distance.
- WATTS - Average watts.
- RPM - Average RPM.
- CALORIES - Average calories burned.
- SPEED - Average speed.

PROFILE™ PERFORMANCE TRACKER WEEKLY GOAL SETUP

1) Select USER 1 or USER 2.
2) Press PROFILE™ button until it displays “WEEKLY GOAL.” Press ENTER.
3) Use ▲▼ to set a time goal (leave time at 0:00 if you want to set a distance goal). Press ENTER.
4) Use ▲▼ to set a distance goal. If the distance is changed from 0.00, distance will be the goal. NOTE: you may only set a time or distance goal, not both.
5) Press ENTER to exit the weekly goal setup mode.

USING YOUR CD / MP3 PLAYER

1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the left of the console and the headphone jack on your CD / MP3 player.
2) Use your CD / MP3 player buttons to adjust song settings.
3) Remove the AUDIO ADAPTOR CABLE when not in use.
4) If you don’t want to use the SPEAKERS, you can plug your headphones into the AUDIO OUT JACK at the bottom of the console.



IPOD® DOCKING STATION

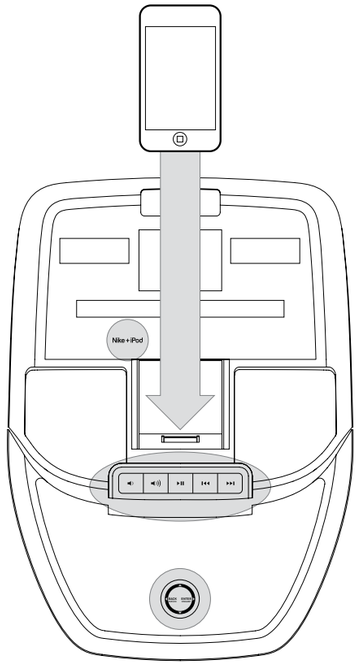
The iPod docking station is the entertainment solution for your workouts. Various iPod and iPhone models with a dock connector can fit this dock.

USING THE IPOD DOCKING STATION (IPOD NOT INCLUDED)

1) Remove the rubber plug from bottom of the docking station.
2) Plug in your iPod/iPhone by matching the dock connector pin on the console with the dock connector on your iPod/ iPhone. NOTE: Once you have connected the device to the docking station, please allow 10 seconds for docking station to authenticate before it will be fully functional.
3) Use the controls below the dock to adjust volume and music selection. Use the programming button to access full iPod functionality. NOTE: If you don't want to use the speakers, you can plug your headphones into the audio out jack at the bottom of the console.

Replace the rubber plug into the bottom of the docking station when the station is not in use or for use with other media players.

NOTE: Audio controls will not function if audio adaptor cable is plugged in while the iPod cable is connected to your device.



Nike + iPod

READY
Connect your Nike Plus-compatible device to the built-in Made for iPod connector on Nike + iPod compatible fitness equipment.

SET
Full console controls and built-in SonicSurround™ speakers make it easy to exercise to your favorite workout playlist.

GO
Start walking or running. Your distance, time, and calories burned are recorded as you go. It's all automatically saved on your iPod or iPhone.

SYNC
When you're done with your workout, connect your iPod or iPhone to your computer. iTunes syncs your workout data to nikeplus.com. Every workout and every run is there, ready for you to review.

Made for iPod

"Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. iPod is a trademark of Apple Inc., registered in the U.S. and other countries.

NIKE + OPERATION

REQUIREMENTS

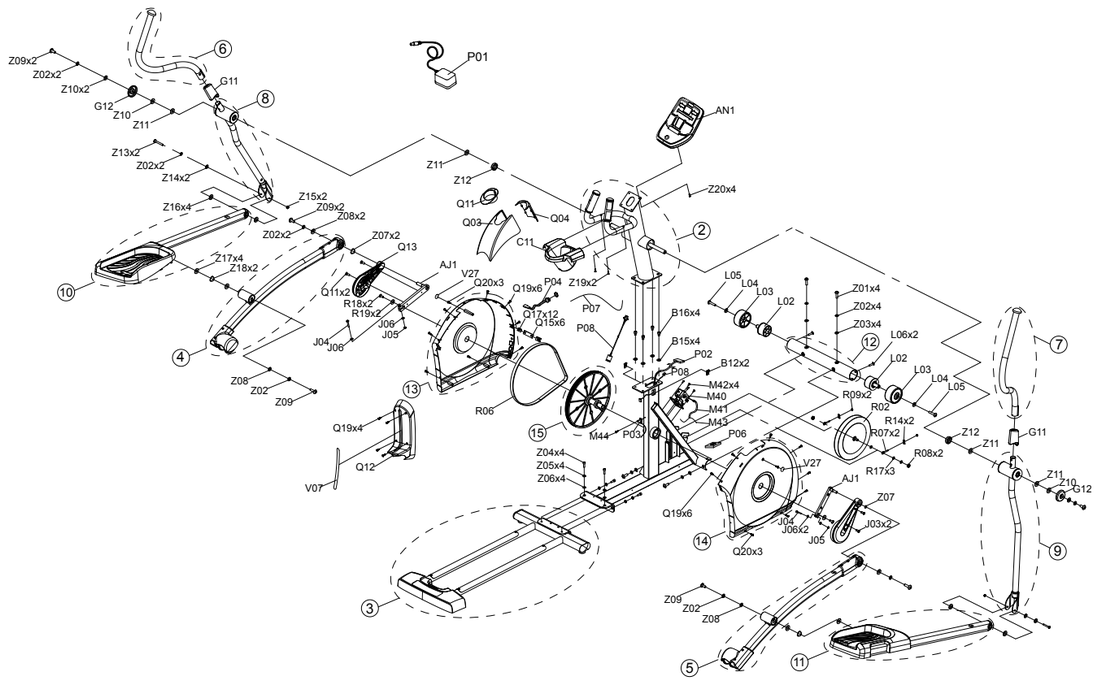
Nike Plus-compatible iPod or iPhone (See www.apple.com/nikeplus for more information).

Before syncing your Apple device to your computer, you must first create a free Nike Plus account at www.nikerunning.com and download the latest iTunes software (www.apple.com/itunes).

GETTING STARTED

1) Before connecting your Apple device to the elliptical, you must first turn on Nike Plus on the device.
2) Dock your Apple device and wait for authentication to complete. This may take up to 10 seconds. After authentication is complete, your iPod-specific console controls will be active (see page 32).
3) See Console Operation on page 15 and start your workout.
4) If your iPod or iPhone is Nike Plus compatible, your workout will begin recording automatically to your Nike Plus compatible device. The console will display, “RECORDING WORKOUT TO IPOD.”
5) When your workout is complete, the display will verify by displaying “CONGRATULATIONS WORKOUT RECORDED. CONNECT YOUR IPOD TO YOUR COMPUTER AND SEE YOUR WORKOUT AT NIKEPLUS.COM.” If you happen to stop your workout before your workout is complete, press and hold stop for 5 seconds. This will record your data to your Nike Plus-compatible device.
6) Remove your Nike Plus compatible device and sync with iTunes.
7) Log into your Nike Running account to review and track your workouts.

ELITE E4000 EXPLODED VIEW



ELITE E4000 PARTS LIST

NO.	DESCRIPTION
2	CONSOLE MAST SET;SA;S-EP569;
3	GUIDE RAIL SET;SA;S-EP569;
4	PEDAL ARM SET;SA;L;S-EP569;
5	PEDAL ARM SET;SA;R;S-EP569;
6	ARM REST SET;SA;LU;S-EP554;
7	ARM REST SET;SA;RU;S-EP554;
8	ARM REST SET;SA;LD;S-EP554;
9	ARM REST SET;SA;RD;S-EP554;
10	LINK ARM SET;SA;L;S-EP554;
11	LINK ARM SET;SA;R;S-EP554;
12	STABILIZER SET;SA;S-EP554;
13	PLASTIC COVER;L;ABS;S-EP569;
14	PLASTIC COVER;R;ABS;S-EP569;
15	DRIVE SET;SA;S-EP569;
AJ1	CRANK SET;WELDING;EP543-1US;
AN1	CONSOLE SET;SA;ELITE E4000-02;EP569-2KM;
B12	CLIP; STANDARD; FE; ZNC
B15	WASHER;FLT;Φ12.0XΦ23.0X2.5T;
B16	SCREW;SH;M10X1.5PX15L;HS;BZN;BP
C11	PLASTIC PLATE;ABS;BL;EP535;
G11	SWIVEL AXLE COVER;ARM REST;EP554-2KM;
G12	COVER;HAND ARM;NYLON+30%;B;EP217
J03	SCREW;FH;M5X0.8PX12L;PH;BAN;BP
J04	SCREW;SH;M10X1.5PX60L;22#;HS;G12.9;BAN;
J05	NUT;M10X1.5P;G10;BAN;

NO.	DESCRIPTION
J06	WASHER;FLT;Φ10.2XΦ15.0X1.5T;BZN;
L02	BUSHING;MOVE WHEEL;BLACK;EP188
L03	WHEEL SET;RB106
L04	WASHER;FLT;Φ8.2XΦ25.0X1.5T;BZN;
L05	SCREW;BH;M8X1.25PX15L;HS;BZN;
L06	SCREW;BH;Φ4X15L;SM;PH;BZN;POT
M40	ECB SET;8KG;EUP;
M41	STEEL ROPE;ECB; 160L;L1+L2=65
M42	SCREW;BH;Φ4X12L;TC;PH;BAN;POT
M43	CABLE TIE;NYLON;300L;WHITE
M44	SCREW;BH;Φ4X10L;TC;PH;BAN;POT
P01	POWER ADAPTOR;USA;100-240V 12V/2A ;HZ
P01	PWR ADAPTER;100-240V 12V/2A;2M
P01	POWER ADAPTOR;BRAZIL;100-240V/60HZ
P01	POWER ADAPTOR;SET;CHILE USED;100-240V
P01	POWER ADAPTOR(EUROPE);100-240V/50HZ
P01	POWER ADAPTOR(HONG KONG);12V/2A;HORIZON
P01	SWITCH POWER (NZL);100-240V/50HZ 12V/2A
P01	POWER ADAPTOR(S AFRICA);100-240V/50HZ
P01	POWER ADAPTOR(INDIA);100-240V/50HZ
P01	POWER ADAPTOR(ISRAEL);100-240V 12V/2A
P01	POWER ADAPTOR;100-240V/50HZ 12V/2A
P01	POWER ADAPTOR(ARGENTINA);100-240 HORIZON
P01	POWER ADAPTOR(CHAINA);100-240V/50HZ
P02	WIRE;CONSOLE;1100MM;CKM254301-8PX2;

NO.	DESCRIPTION
P03	SENSOR WIRE
P04	WIRE,DOWN,WHITE/BLUE,1500MM,2468 22AWG
P06	TIE STRAP ADHESIVE; NYLON66;HC-101;W
P07	CABLE TIE;NYLON;BLACK;160L
P08	INSIDERECEIVERSET;1200(SM-3Y+94032401.02
P09	CABLE TIE;NYLON;300L;WHITE
Q03	COVER;U;PA757K;PAINTING;DM328;EP554-2KM
Q04	COVER;B;U;PA757K;PAINTING;DM328;EP554
Q11	PLASTIC SLEEVE;PVC;BL;CONSOLE MAST;
Q12	COVER;STABILIZER;M;PAINTING;DM328;EP55
Q13	CRANK COVER;CRANK;PAINTING;MM314;EP5
Q15	BRACKET SIDE COVER
Q17	CLIP; STANDARD; FE; ZNC
Q19	SCREW;BH;Φ4X15L;TC;PH;BAN;POT
Q20	SCREW;BH;(Φ10.4);Φ4X15L;SM;PH;BAN;POT
R02	FLYWHEEL;10.5KG EP543-1US;
R06	BELT;POLY-V;RUBBER;490 J10;
R07	SCREW;EB;1/4-20UNCX55L;Φ12;BZN;
R08	NUT;HX;M12X1.75PX10L;G8;SS41
R09	NUT;NLK;1/4'-20UNC;BZN;
R14	FIX PLATE;EYE BOLT;SPC;1.3T;AB01
R17	WASHER;FLAT;Φ12.5XΦ20.0X2.0T;
R18	SCREW;BH;M6X1.0PX15L;MT;HS;G8.8;BAN;BP;
R19	WASHER;FLT;Φ6.2XΦ30.0X1.5T;
V07	DECORATED LABEL;LONG;PANTONE 021C;SIDE

NO.	DESCRIPTION
V27	LOGO STICKET;EP136-1US
Z01	SCREW;BH;M8X1.25PX30L;HS;
Z02	WASHER;SPL;Φ8.2XΦ15.4X2.0T;
Z03	WASHER;ARC;Φ8.4XΦ17.0X1.0T;
Z04	SCREW;HH;M10X1.5PX20L;ADHERE;ZN-BL
Z05	WASHER;SPL;Φ10.2XΦ18.4X2.5T;BAN;
Z06	WASHER;FLT;Φ10.2XΦ20.0X1.5T;BZN;
Z07	WASHER;WAVE;Φ17.2XΦ22.5X0.5T;65MN;BAN
Z08	WASHER;FLT;Φ8.2XΦ20.0X1.5T;BZN;
Z09	SCREW;BH;M8X1.25PX20L;HS;BP
Z10	WASHER;FLT;Φ8.5XΦ20.0X1.0T;
Z11	WASHER;FLT;Φ16.0XΦ25.0X1.5T;
Z12	RING;RUBBER;Ψ26.2XΨ16.20X11.50
Z13	SCREW;BH;M8X1.25PX70L-12L;HS;BP;P-T
Z14	WASHER;FLT;Φ8.4XΦ17.0X1.0T;BZN;
Z15	NUT;NLK;M8X1.25P;BZN;
Z16	WASHER;FLT;Φ15.9XΦ28.4X1.0T;TFN;
Z17	WASHER;FLAT;Φ20.2XΦ27.2X1.5T;SPHC;BAN
Z18	WASHER;WW;Φ20.7XΦ29.1X0.5T;BAN;
Z19	SCREW;BH;Φ5X20L;SM;PH;BZN;POT
Z20	SCREW;BH;M5X0.8PX10L;CT;PH;BZN;

D: Entsorgungshinweis

Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB: Waste Disposal

Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness products are recyclable. At the end if its useful life please dispose of this article correctly and safely (local refuse sites).

F: Remarque relative à la gestion des dèchets

Les produits Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness sont recyclables. A la fin sa durrèe d`utilisation, remettez l´appareil à un centre de gestion de dèchets correct (collecte locale).

NL: Verwijderingsaanwijzing

Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness producten zijn recycleerbaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

E: Informaciones para la evacuaciòn

Los productos de Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness son riciclables. Cuando se termina la vida ùtil de un aparato o una màquina, entrèguelos an una impresa local de eleiminaciòn de residuos para su reciclaje.

I: Indicazione sullo smaltimento

I prodotti Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness sono reciclabill. Quando l`apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunall).

PL: Wskazòwka dotyczàca usuwania odpadòw.

Producty firmy Vision Fitness / Horizon Fitness / TEMPO Fitness / TREO Fitness podlegajà recyklingowi. Pod koniec okresu o`ywalnoÈcl pros`z oddac urzàdzenie do wlaÈciwego punkto usuwania odpadòw (lokalny punkt zbiorczy).

HORIZON FITNESS

ELLIPTICAL OWNER'S MANUAL

Elite E4000 Elliptical Owner's Manual 0803'12 Rev. 2.0 © 2012 Horizon Fitness